

STEP

BY

STEP

LIGHT EXERCISE / WALKING GROUP

**When: Every Friday
9:00 AM – 10:00 AM**

**Where: Richard Hall
Community Health and
Wellness Center**

**500 N. Bridge Street, NJ
08807**



FIND OUT HOW LIGHT WALKING CAN:

Help You Alleviate Stress

Decrease Your Anxiety

Improve Physical Health

Improve your Sleep

TO JOIN PLEASE CONTACT

John Bolier



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